

BLET REVISION COMMITTEE MEETING
Bolivia, NC
April 4, 2008

Bob Yow called the meeting to order at 10:00 a.m. The meeting was held at the Brunswick County Sheriff's Office. Mark Trull welcomed everyone to Brunswick County.

Carolyn Holland called the roll.

Members Present:

Nancy Bennett
Kathryn Bryan
Wrenn Johnson
Laura Kruger
Wayne Lamm
Jeff Robinson
Mark Trull
Steve Warren

Ex-Officio Members Present

Autumn Hanna, Sheriffs' Standards Division
Joy Strickland, NC Dept. of Justice
Wayne Woodard, Criminal Justice Standards Division

Staff Present:

Bob Yow, NC Justice Academy
Carolyn Holland, NC Justice Academy

Visitors Present:

Mark Dearry, Criminal Justice Standards Division
Bill DuBois, Criminal Justice Standards Division
Richard Squires, Criminal Justice Standards Division
John Combs, NC Justice Academy
Stacy Holloman, NC Justice Academy

Bob asked for approval of the minutes from the January 11, 2008 meeting. Wayne Lamm made a motion to approve the minutes. Mark Trull seconded. The motion was approved.

OLD BUSINESS

E & T Update

Bob reported that E&T approved the recommendation from the BLET Revision Committee for a change in hours. The rules affected by this will be referred to a public hearing process; however, due to the new task analysis being done and the changes that might come about as a result of the task analysis, the rule making process may be delayed until the two Commissions have approved results of the task analysis.

First Responder

Bob reported that pilot authority still continues for those schools authorized to conduct the training. The pilot deliveries were given exercises prepared by Steve Boone. Bob stated that Jeff Robinson and Steve Warren would like to present a recommendation concerning a requirement on the model type used for CPR. Steve reported that the model now available is not as good as the Resusci-Annie; it prohibits the instructor from determining if the student is doing CPR properly. Jeff stated that his school uses the model as a practice and then for testing purposes, uses Resusci-Annie since it has a tape printout. The Resusci-Annie costs around \$2000. He noted that community colleges will be more willing to buy the Resusci-Annies if there is a requirement in BLET.

Bob stated one option is to require schools to have at least one Resusci-Annie available for testing purposes and allow the less expensive models be used for practice. Due to changes being made as a result of the task analysis, members felt this item should be tabled until a later meeting.

Steve Warren made a motion to table this decision until a later meeting. Jeff Robinson seconded. The motion was approved.

PBL Pilots

Bob reported that 5 committee members went to Charlotte to view its use of PBL. Wayne Lamm disseminated several handouts from the Techniques of Traffic Enforcement delivery. He stated that comments from students were positive and it was a good experience.

Other schools will begin piloting PBL in the next few weeks.

Patrol Techniques and Rapid Deployment

Bob presented a handout for Patrol Techniques with changes based on Laura Kruger's comments at the last meeting. The information found in Patrol Techniques concerning responding to school violence differs from that taught in Rapid Deployment. Bob proposed to eliminate in Objective #5, "In an outdoor practical exercise setting, demonstrate the ability to tactically respond to the following high risk situations:" item d) "Armed subject response for the school environment." Since there is an entire block of instruction devoted to Rapid Deployment, it is not necessary to have a practical exercise in this block on this subject.

Bob proposed under F.8. Armed subject response for the school environment, changing the second sentence to read: "As a result, all schools in North Carolina **have** a plan . . ." instead of ". . . all schools in North Carolina **need** a plan . . ." Also in the same section 8, revise the wording of a) (1), "Establish a system of communication to warn of an armed subject on campus." The current wording is: "Establish a verbal code to be given over the

intercom to warn . . .” Schools have other systems in place for warnings. Also change the wording in b) (3) to “Issue threat code . . .” instead of “Verbally issue threat code . . .”

The final proposed revision to Patrol Techniques occurs in F.8.c). Bob recommended deleting the information listed here since it is found in Rapid Deployment. The revised paragraph will read: “Armed subject response for law enforcement officers responding to a school environment has changed in recent years. An active shooter requires rapid deployment rather than the more passive containment that was once advocated. These techniques are taught in detail in the Rapid Deployment block of instruction at the end of BLET.”

Laura Kruger made a motion to make the change to Objective 5, deleting the practical exercise for armed subject response for the school environment and the other changes recommend to this lesson plan. Steve Warren seconded. The motion was approved.

Bob will present this recommendation to E&T at its next meeting.

Evaluation of Practical Exercises – Patrol Techniques

At the last meeting, Wayne Lamm noted that there was no grading scale for the Practical Skills Test Form in the Patrol Techniques block of instruction. He was asked to prepare a proposal.

Wayne explained that other check-off sheets in BLET require exercises to be 70-80% correct in order to pass the exercise. He used the same percentages for the Patrol Techniques exercises and presented proposed standards.

The first scenario, *approaching a suspicious person*, has 10 items listed; therefore a student could only have 3 unsatisfactory items, making a 70% completion as passing.

The *trespassing* exercise also has 10 items, so it would be the same as the first scenario. *Shots fired call* only has 7 items; the student can miss 2. *Loud party calls* has 8 items; students can miss 2. *Lost/found person* has 7 items; students can miss 2. *Robbery Response, approach* exercise, has 11 items; students can miss 3. *Building Search* scenarios have 13 items; students can miss 3.

Wayne also proposed students must pass each exercise and will be remediated once if they fail an exercise. A recommendation was made to show a 70% passing for each scenario since the task analysis may change the number of items in each exercise.

Wayne Lamm made a motion to adopt a 70% passing on each exercise, with one remediation. Wrenn Johnson seconded. The motion was approved.

Bob will present this recommendation to E&T at its May meeting.

Fire Alternatives - Hazmat

Jeff Robinson discussed at the last meeting some alternatives in using fire in the practical exercise of the Hazmat block. Bob suggested tabling the issue since the preliminary findings of the task analysis indicated an exercise in putting out a fire may not be required.

NEW BUSINESS

Physical Fitness Training

John Combs presented his committee's recommendations for changing the Physical Fitness Assessments for BLET. A memorandum was previously distributed outlining its recommendations. Since the dissemination of the report, John explained that he had talked with several physical fitness instructors and school directors. Because they raised some questions about the proposed changes, John contacted Dr. Steven Farrell, with the Cooper Institute. The Cooper Institute provided a handout entitled "Sequencing of Physical Fitness Tests in Law Enforcement."

The Cooper Institute recommends taking blood pressure and resting heart rate before assessments since a student's health situation can change between the time of their health examination and the time of the assessment. The Institute stated taking body fat measurements could be done for informational purposes but should not be required. The Cooper Institute stated that the 3 minute step test was not a critical test; however, it could be used as a screening device, just like blood pressure screening. The Institute recommended dropping flexibility testing. Finally, the Institute recommends a health history document be used before every assessment; its own is called a Physical Activity Readiness Questionnaire.

John summarized The Cooper Institute's suggested test battery for law enforcement:

Vertical Jump
1 RM Bench Press
One Minute Sit-up
300 Meter Run
One Minute Push-up
1.5 Mile Run

In addition, the blood pressure and resting heart rate should be recorded before each assessment. Finally, a health history document should be reviewed prior to screening.

John stated that body fat findings could be done just after the blood pressure screening.

John then proposed the following fitness battery protocol:

1. Warm up for 3 minutes, perform the Vertical Jump test, then recover for 1-2 minutes.
2. Perform the 1 RM Bench Press, then recover for 2-3 minutes.
3. Perform the One Minute Sit-up test, then recover for 5 minutes.
4. Perform the 300 Meter Run, then recover for 5-10 minutes.
5. Perform the One Minute Push-up test, then recover for 5 minutes.
6. Perform the 1.5 Mile Run test, then perform active cool down for 5 minutes.

This recommendation deletes the current flexibility testing and 3-minute step test.

Jeff Robinson asked if school directors could be given some guidance as to what is a safe level for the blood pressure reading in order to participate in the assessment. John stated that in the current protocol, if the student's blood pressure is greater than 150/95 or the diastolic number is greater than 100, they should be rescreened by a physician. The Cooper Institute uses 160/100 for a physician referral.

John recommended making the body fat test as optional, as well as the 3-minute step test. Kathryn disagreed making the 3-minute step test as optional; she felt it should be mandatory, because it is such a useful screening tool. Jeff felt the step test should be optional; he uses other options to screen students, using remediation to bring them up to where they need to be for the assessment. Steve felt it should be optional.

Joy voiced her concern that the Administrative Code does not establish a time from having the physical examination to the assessment. Due to the length of time passed, the information on the physical examination may no longer be accurate.

Bob captured John's recommendations as: adopting The Cooper Institute's test battery as mandatory, preceded by taking blood pressure and resting heart rate and completion by the student the Physical Activity Readiness Questionnaire; making the 3-minute step test and body fat measurement optional.

Steve Warren made a motion to accept John's recommendations; Jeff Robinson seconded.

Members discussed the items further.

Committee members voted to:

- Approve the proposed test battery
- Delete body fat measuring
- Retain the step test as optional
- Retain the more stringent blood pressure threshold of 150/95

Members discussed whether to use the current health history form or use The Cooper Institute's form. John explained the advantage of Cooper's form and its liability waiver. Jeff suggested merging the two forms. John will look at the two forms and merge them

into one. He will forward the new form to Bob, who will in turn send it electronically to committee members for approval.

Grading of Push-ups - POPAT

John presented a scenario concerning a female who was unable to pass the push-ups requirement for POPAT—chin-to-fist—due to her large chest area. She was not overweight and could do a full push-up, chest-to-ground. John brought this scenario before the committee asking whether this should be addressed, perhaps in the form of an instructor note, allowing an instructor some discretion.

Steve Warren explained how The Cooper Institute uses a sponge to do this testing.

Joy stated that for this particular lesson plan there is a mandate for the students that they “shall” perform in a certain way—shall is a mandate. A rule change would be required in order for school directors to exercise discretion in this area.

After much discussion, no motion was made to change the protocol.

SC/AT

John Combs reported the 2008 In-Service is teaching the weapon retention in and out of holster that he brought before the committee several months ago. The class participants provided good feedback—the new techniques are more realistic and more in line with where subject control is going. His Subject Control Subcommittee is recommending these techniques now replace what is currently being taught in BLET. Also, his subcommittee is recommending adding weapon retention from the ground.

John emphasized that instructors who have attended the in-service classes have become familiar with the techniques and have viewed the video that accompanied the training. Steve Warren asked if instructors would need to attend an update. John explained that many updates (in-service) have been done and the video is self-explanatory.

Wayne Lamm made a motion to replace the weapon retention in and out of holster in BLET and add the weapon retention from the ground techniques. Steve Warren seconded. The motion was approved.

Task Analysis

Bob reported that the consultant for the BLET Task Analysis has completed his study, surveying approximately 1600 personnel. The survey contained 463 tasks and 293 of the tasks will be required in BLET. The Joint Oversight Committee will need to approve the tasks, as well as both Commissions. This should be completed by mid June. At the next BLET Revision Committee, a list of approved BLET tasks will be presented. The committee will then address the issue of adding or deleting material. Other issues to be addressed will be BLET videos and PBL in BLET.

Legal Counsel's Report

Joy Strickland had nothing to report.

CJ Standards Report

Wayne Woodard stated that Susan McLean was leaving the division and Windy Hunter will replace her as Interim Deputy Director. He reminded everyone about the School Directors' Conference being held in Asheville in August. Wayne also mentioned the retired law enforcement officer concealed handgun program is in the process of addressing HB218. Rules have been drafted, but no implementation date has been projected.

Mark Dearth brought before the committee the issue of POPAT stairs. Schools have encountered some problems because some prefabricated stairs have a 6 inch rise. The current standard requires the rise to be 7-8 inches in height and 12 inches in depth. He and Field Representatives from the Standards Division suggest a modification to this rule allowing 7 inches, plus or minus one inch. He asked John Combs if this modification would affect the pass/fail of the POPAT. John indicated there was nothing to suggest it would affect passing the POPAT. John suggested changing the depth to 12 inches, plus or minus 1 inch.

Jeff Robinson made a motion to modify the rule concerning steps in POPAT to show rise of 7 inches, plus or minus 1 inch and depth 12 inches, plus or minus 1 inch. Mark Trull seconded. The motion was approved.

Sheriffs' Standards Report

Autumn Hanna had nothing to report.

Next Meeting

The next meeting will be held June 27, 2008, 10 a.m., in Morehead City.

The meeting adjourned at 12:05 p.m.